

Amendments to the Claims:

This listing of claims replaces all prior versions and listings of claims in the application:

Listing of Claims:

1. (Canceled)

2. (Canceled)

3. (Canceled)

4. (Canceled)

5. (Canceled)

6. (Canceled)

7. (Canceled)

8. (Canceled)

9. (Canceled)

10. (Currently Amended) A removable insert for footwear consisting of:
a flat single stainless steel sheet having a uniform thickness of approximately 0.020-0.025
inches;

a polyurethane layer, shaped to the contour of the bottom of a foot and including orthotic supports and a metatarsal support region therein, disposed over the single stainless steel sheet;
and

an air and water permeable membrane secured to the ~~shaped~~ molded polyurethane layer.

11. (Canceled)

12. (Previously Presented) The insert of claim 10, wherein the polyurethane layer is further characterized by a lip that extends upwardly and outwardly relative to the single stainless steel sheet.

13. (Currently Amended) The insert of claim 12, wherein the polyurethane layer ~~includes~~ forms a bottom perimeter that is approximately equal to a perimeter of the single stainless steel sheet.

14. (Canceled)

15. (Canceled)

16. (Canceled)

17. (Canceled)

18. (Canceled)

19. (Canceled)

20. (Canceled)

21. (Currently Amended) An ~~insert for footwear comprising~~ exactly three-layered insert configured to be removably placed into footwear, the insert consisting of:

a single, flat, planar stainless steel sheet having a uniform thickness between 0.020 and 0.025 inches;

a cushion layer ~~disposed over the single stainless steel sheet~~, shaped to the contour of the bottom of a foot and including orthotic supports and a lip portion that extends upwardly and outwardly relative to the single stainless steel sheet, over which the cushion layer is disposed; and

a membrane secured to the cushion layer; ~~and~~
~~wherein said insert is removable and insertable into a shoe.~~

22. (Canceled)

23. (Currently Amended) The insert of claim ~~22~~ 21, wherein the cushion layer ~~includes~~ has a bottom perimeter that is approximately equal to a perimeter over the single stainless steel sheet and ~~further comprises~~ a metatarsal support region integrated with the cushion layer.

24. (New) A three-layer protective, orthotic device for a shoe that is configured to be removably inserted therein, the three layers comprising a protective layer means, an orthotic layer means, and a membrane layer means, each disposed, respectively, over the previous layer, wherein:

the protective layer means consists of a flat piece of stainless spring steel of a uniform thickness between 0.020 and 0.025 inches and stamped in the shape of a foot; and

the orthotic layer means consists of a variable thickness polyurethane having a shape configured to provide support to the bottom of a foot including a metatarsal support region, and a lip portion around the perimeter of the orthotic layer configured to support the sides of a foot positioned on the protective, orthotic device.
